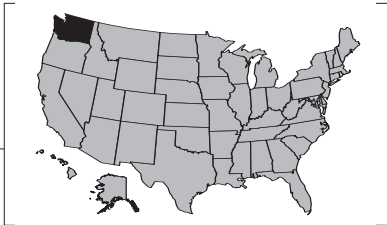


# The National Survey of Children's Health

Overweight and Physical Activity Among Children:  
A Portrait of States and the Nation 2005



## Washington

*All statistics are based on parental reports.*

	National %	State %
<b>Percent of children who are overweight</b>	<b>14.8</b>	<b>10.8</b>
Age 10-11	21.9	14.7
Age 12-14	14.4	11.3
Age 15-17	10.7	7.9
0-99% Federal poverty level	22.4	8.9
100-199% Federal poverty level	19.0	16.4
200-399% Federal poverty level	13.7	10.2
400% Federal poverty level or more	9.1	8.9
Male	18.1	13.4
Female	11.5	8.3
<b>Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week</b>	<b>71.3</b>	<b>72.9</b>
Age 10-11	78.2	80.2
Age 12-14	74.2	77.4
Age 15-17	63.3	63.5
Male	76.8	77.4
Female	65.6	68.4
<b>Percent of children who were on a sports team or took sports lessons during the past 12 months</b>	<b>58.6</b>	<b>61.5</b>
Age 10-11	61.5	67.5
Age 12-14	61.6	64.0
Age 15-17	53.4	55.3
Male	62.1	64.3
Female	55.0	59.2
<b>Percent of children with at least one parent who exercises regularly</b>	<b>72.9</b>	<b>79.2</b>